How to Become a Lifeguard/Swimming Instructor

Lifeguard Stream

Standard First Aid/CPR ‘C’ & AED Course
City of Regina accepts this award from: Red Cross, St. John’s or Lifesaving Society for job applications or future courses

Bronze Star Course
Recommended
*Must have completed Swimmer 6*

Bronze Medallion Course
*Must have completed Bronze Star OR minimum of 13 years old*

Bronze Cross Course
*Must have completed Bronze Medallion*

National Lifeguard
*Must have completed Bronze Cross Course and Standard First Aid/CPR ‘C’ & AED.
*Must be 15 years old

Instructor Stream

‘Swim for Life’ Instructor Course
*Must be 15 years old

‘Swim for Life’ Instructor Course

The City of Regina is currently looking for Lifeguards/Swimming Instructors. Visit Regina.ca/careers to apply today!

Regina.ca